



SALMONELLOSIS

What is SALMONELLOSIS?

Salmonellosis is a bacterial infection that usually affects the intestines and occasionally the bloodstream. It is one of the more common causes of gastroenteritis in the United States.

Who gets salmonellosis?

Any person can get salmonellosis. It is identified more often in infants, children and the elderly.

How are *Salmonella* bacteria spread?

Salmonella bacteria are spread by direct contact with an infected person, by eating or drinking contaminated food or water, or by contacting contaminated objects or animals.

What are the symptoms of salmonellosis?

People with salmonellosis may have diarrhea, cramping, fever, nausea, vomiting and headache. Some people may have very mild or no symptoms; however, some infections can be quite serious, especially in the very young or the elderly.

How soon after exposure do symptoms appear?

Symptoms generally appear 12 to 36 hours after exposure, but may take days.

Where are *Salmonella* bacteria found?

Salmonella bacteria are found in many places in our food chain and environment. The bacteria often contaminate raw meats, eggs and unpasteurized milk and cheese products. Other sources are reptiles, chicks and other fowl, dogs, cats and farm animals.

How long can an infected person carry *Salmonella*?

A person can carry the bacteria from several days to many months. Infants and people treated with antibiotics tend to carry the bacteria longer than those who were not treated.

What is the treatment for salmonellosis?

Antibiotics for *Salmonella* are usually not recommended for uncomplicated cases. Most people with salmonellosis recover on their own. Some people may require fluids to prevent dehydration.

How can salmonellosis be prevented?

- The single most important way to prevent the spread of disease is careful hand washing.
- Thoroughly cook all food derived from animal sources.
- Refrigerate foods promptly. Do not hold foods at room temperature longer than necessary.
- Wash cutting boards, utensils and food preparation counters with soap and water after use.
- Make certain to reach the correct internal cooking temperature. The correct temperature is 160°F for beef and pork, and 185°F for poultry.
- Prevent cross contamination. Never let raw meat and poultry, or their juices, contact cooked meat or any other food, raw or cooked.

24/7 Emergency Contact Number: 1-888-295-5156

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